



LIKE TUBE MAIL FOR PEOPLE
IT'S NO TELEPORTATION, BUT HYPERLOOP WILL BE
THE NEXT BEST THING, PAYPAL BILLIONAIRE SAYS
PAGE 8



Are trash bins spying on you?

U.K. 'smart bins' under investigation for collecting electronic signatures of the smartphones of passersby PAGE 7

Woman on a mission to friend her Facebook friends

Photographer halfway through trip that sees her meeting 700 of her BFFs PAGE 15



Audit 'unfair,' says Wallin

Senate scandal.
Former journalist promises to repay disallowed expenses

Sen. Pamela Wallin struck a defiant tone Monday after what she called a "fundamentally flawed and unfair" audit flagged more than \$140,000 worth of travel claims dating back to her earliest days in the upper chamber.

But Wallin, citing her desire to get back to her work representing the people of Saskatchewan, promised to pay back — with interest — any disallowed expenses "out of my own resources" once she is asked to do so.

Sources familiar with the 95-page Deloitte audit say it recommends that the embattled former Conservative pay back \$121,000 in travel costs, and that an additional \$21,000 worth of claims be more closely examined.

But Wallin made no apologies for traversing the country to champion causes.

"When appointed to the Senate in 2009, I was determined to be an activist senator — one who saw it as her job to advance causes that are important to Canadians," she told a hastily assembled news conference.

"When invited to appear publicly and speak.... I saw it as my duty to accept whenever I was able to do so. Travel to these public speeches and appearances was — and is, in my continuing view — a legitim-

ate Senate expense."

Wallin took issue with the way accounting firm Deloitte, which conducted the audit, used more recently established rules governing Senate travel and expenses to assess the validity of earlier claims.

"It is my view that this report is the result of a fundamentally flawed and unfair process," she said.

"Deloitte has — wrongly, in my view, and in the opinion of my lawyers — applied the 2012 changes made to the senators' travel policy retroactively. The result is that travel expenses which were approved and paid by Senate finance in 2009, 2010 and 2011 have, in a number of cases, now been disallowed."

Wallin said she never knowingly tried to claim expenses that she didn't believe were legitimate Senate business.

"I want to be absolutely clear. I never intended to seek, nor sought, reimbursement for travel expenses in any situation where I did not believe such a claim was proper," she said.

"Where I made mistakes, I have already paid money back."

The audit examined every flight Wallin took over 1,369 days between Jan. 1, 2009, and Sept. 30, 2012, between Ottawa and Saskatchewan, the province she represents — many of them with stopovers in Toronto of at least one night.

A number of additional flights between Ottawa and other locales are also called into question by the audit, the source said. THE CANADIAN PRESS



Sen. Pamela Wallin appears before a Senate committee hearing on Parliament Hill in Ottawa on Monday. PATRICK DOYLE/THE CANADIAN PRESS

porter
flying refined

Pop! Our sale ends at midnight tonight.

Sock it to prices for just a few more
hours. Book by midnight tonight for
your super savings.



Flights from Ottawa. Book by August 13, 2013. Travel by December 15, 2013. Up to 21-day advance purchase may be required. One-way fares include all taxes, surcharges and mandatory fees. Additional charges may apply for checked baggage and other optional services.* Fares starting from:

HALIFAX 5 x daily \$158	MONCTON 2 x daily \$163	ST. JOHN'S 3 x daily \$226	TORONTO 17 x daily \$117	QUÉBEC CITY \$213	SAULT STE. MARIE \$197	SUDBURY \$190	THUNDER BAY \$197	TIMMINS \$197
WINDSOR \$163	BOSTON \$236	CHICAGO \$268	MYRTLE BEACH Service begins Oct. 3 \$259	NEW YORK \$215	WASHINGTON Dulles \$215			

Book online or contact your travel agent.

flyporter.com

porter
Escapes

Limited availability. Vacation packages from Ottawa. Package prices are per person, based on double occupancy and include round-trip airfare, all taxes, surcharges and mandatory fees. For full package listings and availability, please visit our website.**

★★★★ **NEW YORK**
\$649 Algonquin
Guest Room
Dept. August 22, 23
Nights: 2

Fly to and from Newark Liberty.

★★★★ **BOSTON**
\$588 Residence Inn
Studio Suite
Dept. September 6, 7
Nights: 2

★★★★ **TORONTO**
\$394 Hyatt Regency
Standard Room
Dept. August 20, 27, 28
Nights: 2

★★★★ **HALIFAX**
\$461 Atlantica
Standard
Dept. October 1, 8
Nights: 2

Book packages online, contact your travel agent or call 1-855-372-1100. TTY – Dial “711”.

porterescapes.com

* Book by 11:59 pm Eastern Time August 13, 2013. Travel by December 15, 2013. Up to 21-day advance purchase may be required. Advertised fares are subject to availability and may not be available through the entire travel period. Full fare breakdown available for all itineraries on flyporter.com. Fares quoted are one-way outbound in Firm Class. Inbound fares may differ. New bookings only. Fares include all applicable government-imposed taxes and mandatory fees, which may amount to as much as \$150 one-way per passenger, depending on routing. Foreign taxes will fluctuate based on the prevailing exchange rate. Fees for optional services, such as itinerary changes, additional baggage, advance seat selection, or certain special service requests, may increase overall cost. Fares are non-refundable but itineraries may be changed for a fee of up to \$200 per person per direction, plus any fare differential. Other significant conditions (including a \$25 first-checked bag and \$35 second-checked bag fee to and from the U.S., a \$20 second-checked bag fee for flights in Canada, and charges for overweight and/or excess baggage) may change without notice and are not guaranteed until ticketed. Visit flyporter.com for more information. In case of any discrepancy between advertised fares and the fares shown on the website at the time of booking, the latter shall prevail.

** All-in prices shown are per person in Canadian dollars, based on double occupancy in noted room category. Flights are round-trip via Porter Airlines. Packages include return airfare, all taxes, surcharges and mandatory fees. Airfare discount is already included in the advertised package price. Prices will vary for alternate flight times on advertised dates. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Transfers to and from airport to hotel are not included unless specified otherwise. New bookings only. Packages are subject to availability at time of booking and are subject to change without notice. Not valid on group bookings. For full terms and conditions refer to www.porterescapes.com. Ontario registration Number 84153 4506. Porter Escapes Inc is a TICO licensed company. TICO # 50019770. Billy Bishop Toronto City Airport, Toronto, ON, Canada M5V 1A1.

tico.ca
Travel Industry Council of Ontario

Blair Road

Ottawa woman robbed, sexually assaulted by four men near transit station: Police

A young woman was sexually assaulted by four men near the Blair Road Transit Station early Sunday morning, according to Ottawa police.

Police said Monday the woman was approached by the group around 5 a.m. Sunday. Police said the group offered her cash for sex. When the woman refused, they took her to a secluded area near the 1600 block of James Naismith Drive where she was robbed and sexually assaulted.

Police were called when a nearby security guard heard the woman's screams.

The four suspects are described as 18-20 years old, approximately six feet tall, black, with short black hair. They spoke in English as well as an "unknown second language."

The first suspect was wearing a striped black T-shirt with black pants. The second suspect was wearing a blue and white striped T-shirt with dark pants. The third suspect was wearing a dark coloured long-sleeve T-shirt with dark pants and a white ball cap. The fourth suspect is described only as wearing a black T-shirt.

Anyone with information about the incident is being asked to contact the Ottawa Police Service's sexual assault and child abuse unit at 613-236-1222 ext. 5944.

ALEX BOUTILIER/METRO



Ottawa's Medical Officer of Health, Dr. Isra Levy, is seen speaking at a press conference in this October 2011 photo. Levy's team has put out a report suggesting work be done to prevent problem gambling before any new casinos are built. THE CANADIAN PRESS FILE

City not ready for more gambling: Report

Treatment gap. Report states more than \$2.3M needs to be allocated to health care for problem gamblers



ALEX BOUTILIER
alex.boutilier@metronews.ca

Gaps in prevention and treatment of gambling addiction need to be addressed before considering expanded gambling in Ottawa, according to a report going to the board of public health next week.

The report, submitted by the city's Medical Officer of Health, Dr. Isra Levy, recommends Ottawa City Hall abandon its plans for expanded gambling in the city.

The report further recommends the city, province, and Ontario Lottery and Gaming work to address gaps in services for those with gambling problems.

"Any kind of expansion just doesn't seem necessary," said Levy. "And there is some harm, some significant harm done to a small amount of people. So we can't really justify the notion of making more available."

Levy's team estimates two per cent of Ottawa's over-18

population — about 13,000 people — have a gambling problem. A smaller number, about 2,035, have what Levy calls a severe gambling problem. Last year, only 280 sought treatment in the city.

The report recommends council allocate 6.5 per cent of its gambling take — about \$350,000 annually — to Ottawa Public Health for problem gambling prevention and outreach. The report asks OLG, in turn, to up their contribution to the Champlain Local Health Integration Network from \$741,000 to \$2 million annually.

The report asks the provincial Ministry of Health and Long-term Care to review its

efforts to mitigate problem gambling, and to augment its 10-year mental health and addictions plan.

Mayor Jim Watson has been attempting to convince the provincial government to allow not only a new casino in the city, but to maintain the current slots at the Rideau Carleton Raceway as well.

George Young, Watson's senior adviser, said in an email that the mayor looks forward to reading the report. He also said it will form one component of the discussion on Aug. 26, when the city's finance and economic development committee learns the fate of Watson's two-casino push.

1 NEWS



UNLIMITED DATA, TALK & GLOBAL TEXT.

Unlimited plans keep you inseparable. **\$33** per month for a limited time

WIND
true mobile freedom™

Bus-assault offender faces sentencing in fall

A 34-year-old Gatineau man found guilty in May of sexual assault aboard an OC Transpo bus should serve 12 to 18 months behind bars, a Crown attorney says.

Racil Hilan was initially accused of groping four women on OC Transpo buses, but some charges were later dropped. He was found guilty on May 29 of sexual assault and mischief.

"He said he doesn't plan to use public transit regardless of the result of his trial," said Dr.

John Fedoroff, a psychiatrist who testified Monday after assessing Hilan. Fedoroff said he struggled with diagnosing the accused with frotteurism — a disorder in which someone gets aroused from touching an unsuspecting victim.

Fedoroff said the accused was co-operative and took the matter seriously when meeting him, in contrast to some other people Fedoroff assesses.

The Crown's final witness was Josie Ho, an analyst in the

Ottawa police criminal intelligence analysis unit.

She provided Crown attorney Moiz Karimjee with a tally of all incidents of reported sexual assaults on OC Transpo property between Jan. 1, 2008, and June 7, 2013. That number was initially tallied at 85, but upon further review, duplicates were found in the results and it was reduced to 78, Ho said.

Ho said there were 23 charged individuals in those

Judge to rule

- Hilan's sentencing hearing resumes on Oct. 15.

incidents.

Sexual assault on OC Transpo buses and stations "had been identified as a problem," Ho said in cross-examination with Hilan's lawyer, Norm Boxall.

JOE LOFARO/METRO

Placement program to help youth find jobs



Bob Chiarelli says the province will provide up to \$7,800 per eligible youth over the next two years to help them find a job. JOE LOFARO/METRO

For employers and job-seekers. Province will pitch in up to \$7,800 to cover costs of job placement



JOE LOFARO
joe.lofaro@metronews.ca

The province is funding a two-year program to help youth find work and gain relevant experience needed to address the 17.1 per cent of them who are out of a job.

Bob Chiarelli, MPP for Ottawa West-Nepean, made the announcement on Monday at the Pinecrest Queensway Employment Centre, one of 11 service centres in the Ottawa area where youth can book an appointment to apply for a temporary job placement of four to six months.

Starting on Sept. 23, Ontario youth can apply online or at an employment centre in their area. The province said it will provide up to \$6,800 to cover wages and training costs to the employer and up to \$1,000 for youth to pay for transportation or tools.

Ontario youth between 15 and 29 who are unemployed and not attending full-time courses are eligible.

"There is a guarantee that this is part of the solution," said Chiarelli, who added the province is already pro-

Gloomy picture

- Statistics released in May by the federal government showed the youth-unemployment rate in Ontario was 17.1 per cent, an increase of 0.4 per cent since April 2012.

- The Ontario youth unemployment rate is now double that of workers aged 25 to 64, the province says.

viding a 30 per cent discount to some post-secondary students and increasing apprenticeship programs, among other measures.

Historically, employment centres have lacked a youth focus, said Rhonda Beauregard, co-ordinator of Pinecrest. She said one of the biggest barriers youth face is the demand by employers that they have relevant work experience.

"The nice part about having a placement with a minimum of four months to a maximum of six months is it gives an opportunity for youth to get that experience, but it also gives an opportunity for an employer to receive some support," she said.

"It can often be expensive to bring someone on that doesn't have that experience and train them."



Follow Joe Lofaro on
Twitter @giuseppelo



RBC Royal Bank

5 WARNING SIGNS

that you're in an unhealthy travel rewards relationship.

1. Feeling restricted in your choice of airlines
2. Annoyed when you find it hard to book in peak season
3. Nothing is direct and easy because of unnecessary stopovers
4. Frustration with rules that keep changing again and again
5. Feelings of hopelessness about being able to redeem your points

If you suffer from any of these, it's time to move on to a more fulfilling relationship. Over a million Canadians have found true happiness with Avion®. Avioners find comfort in a travel rewards card program that is clear and easy to use, a program that understands them and their needs.

Find out how you can get the freedom you deserve.
Visit rbc.com/HappierWithAvion





"What is the **Energy East Pipeline?**"

TransCanada is planning to build a pipeline that will transport oil safely and reliably from Western to Eastern Canada. At no cost to the taxpayer, Energy East will generate significant economic benefits locally, provincially and nationally. We're committed to engaging with landowners, local residents and First Nation and Métis communities to develop long-term relationships as we move forward with this project. Do you have questions about Energy East? We have your answers at

EnergyEastPipeline.com

TransCanada is a Canadian company with over 60 years of experience building pipelines and power infrastructure safely and reliably.





Employees install barricades around the collapsed building at Summer Bay Resort on Monday in Clermont, Fla. GERARDO MORA/GETTY IMAGES

Villa snaps, cracks, pops into hole

'Sounded like popcorn.'

Guard rushes to wake guests as villa in Florida starts falling apart

As windows broke and the ground shook, vacationers who were awakened in their rooms at a villa near Orlando, Fla., soon realized that the building was starting to collapse — parts

of it swallowed by a 100-foot sinkhole.

By early Monday, nearly a third of the structure at Summer Bay Resort had collapsed. All 105 guests were evacuated, as were those in the neighbouring buildings. No injuries were reported.

Inspectors remained on the scene Monday to determine whether the two buildings nearby would be safe to enter.

The first sign of trouble

Torn asunder

"The building was just snapping."

Maggie Moreno, a visitor to the villa

came about 10:30 p.m. Sunday. Security guard Richard Shanley had just started his shift.

A guest flagged him down to report that a window had blown out. The resort's staff de-

cided to evacuate the villa.

Shanley said the building seemed to sink by 10 to 20 inches as he ran up and down three floors trying to wake up guests. One couple with a baby on the third floor couldn't get their door open and had to break a window to get out, he said.

"You could hear the pops and the metal, the concrete and the glass breaking," witness Amy Jedele said.

THE ASSOCIATED PRESS

Boston. Notorious mob boss turned informant convicted of 11 killings

James "Whitey" Bulger, the feared Boston mob boss who became one of the most-wanted fugitives in the U.S., was convicted Monday in a string of 11 killings and other gangland crimes, many of them committed while he was said to be an FBI informant.

Bulger, 83, was charged primarily with racketeering, which listed 33 criminal acts, among them 19 murders that he allegedly helped orchestrate or carried out himself during the 1970s and '80s while he led the Winter Hill Gang.

Bulger could get life in prison at sentencing Nov. 13. But given his age, even a modest term could amount to a life sentence.

One woman in the gallery taunted Bulger as he was being led away, apparently imitating machine-gun fire as she yelled: "Rat-a-tat-tat,



James "Whitey" Bulger, who was on the run for 16 years. U.S. MARSHALS SERVICE/THE ASSOCIATED PRESS FILE

Whitey!"

Bulger skipped town in 1994 after being tipped off — by a retired FBI agent, it turned out — that he would be indicted.

THE ASSOCIATED PRESS

Nova Scotia. Health-care mix-ups lead to needless mastectomy and biopsy

Capital Health is assuring people changes are coming after two separate mix-ups led to an unnecessary mastectomy and an unnecessary biopsy.

Chris Power, CEO of Capital Health, said in an interview they are informing the public because they want to be open.

"It's really important for us for the public to have trust and faith in our system, and we don't ever want them to think we're hiding things," Power said Monday.

In the first case, two patients had their reports switched, so one tissue analysis went in the wrong file. This resulted in a woman hav-

ing a mastectomy.

"She would have thought that she had cancer," he said.

Power said the mistake was found when their quality-assurance program picked up the woman's report didn't match her original biopsy.

In the second case, two tissue samples were labelled incorrectly before analysis, resulting in one person having an unnecessary biopsy and the other not receiving correct treatment right away.

Power said Capital Health is already in the process of implementing a barcode system for lab specimens, and a robotic lab that will limit human error.

HALEY RYAN/METRO IN HALIFAX

YOU COULD **WIN***
A RETURN FLIGHT FOR 2 TO
NEW YORK CITY
VIA LAGUARDIA WITH WESTJET

8 flights every business day! Land just 15 kms from downtown Manhattan.

To register visit
clubmetro.com

WESTJET



*No purchase necessary. Terms and conditions apply. For full contest details and terms and conditions, visit clubmetro.com

London 'smart bins' trashed for sweeping up smartphone data

The bin who spied on me. The innocuous-looking receptacles are under investigation for phone hacking after reaching more than 4 million devices this year



KIERON MONKS

Metro World News in London

They look like normal recycling bins, with a display screen showing news updates and adverts. But new "smart bins" in London, England, have been secretly harvesting personal data and are now under investigation, in possible violation of European Union law.

The model from technology company Renew has been collecting the unique electronic signatures (MAC addresses) from passing smartphones,



Graphic of a Renew bin extracting the MAC addresses from passing smartphones. The company that has been collecting the information is now being investigated for secretly gathering personal data. CONTRIBUTED

reaching more than four million devices in trials this year. The company claims the data reveals the user's route, frequency of visit, and time at a location, which it would pro-

vide for advertisers to personally target consumers.

On Monday, the City of London ordered the company to stop the practice and referred it to the data-protection body

Information Commissioner's Office (ICO) for investigation. "Anything that happens like this on the streets needs to be done carefully, with the backing of an informed public," it

said in a statement.

Renew director Kaveh Memari downplayed the investigation, telling Metro the data gathered is "always anonymous." Memari said the practice was "just a trial at this stage to see if the technology worked to merit a longer term discussion."

But he may be in conflict with the EU "Cookie Law" that states permission is required to gather personal data, or cookies (tiny individual databases websites used to identify past users). "The majority of opinion is that MAC address and location is personal data and requires consent," Richard Beaumont, expert on data protection law at The Cookie Collective, told Metro. "Four readings is enough personal information not to be anonymous."

Beaumont added that it is not a surprise the authorities were unaware as regulation is outdated.

You know you want it?

A spokesman for the U.K. Advertising Association said this type of data gathering went too far, but added most people want tailored advertising. The source noted a 2012 Accenture survey showed just 36 per cent of people objected to being tracked.



Coming to a street corner near you. The Renew bins will have further trials in North America and Asia. CONTRIBUTED



PLEASE GIVE BLOOD NOW.

Book your appointment to save a life: www.blood.ca
1 888 2 DONATE
(1-888-236-6283)



Canadian Blood Services
it's in you to give

Waterloo. BlackBerry weighs sale options as review begins

Hopes of BlackBerry returning to its glory days have all but disappeared as the smartphone company delivered the most damning proof on Monday that its new phones are a sales flop, as it moves forward with a plan that could result in the sale of its operations.

The board of directors at the Waterloo-based company launched a review of "strategic alternatives" which it says could also potentially take BlackBerry in other directions, such as a partnership or joint venture.

Regardless of the outcome, the decision throws the company's future into uncertainty. BlackBerry could be scooped up by an interested buyer or even go private — an idea that has

gained favour since last week, when reports suggested the board has recently opened up to that option, even though it wasn't specifically mentioned in the announcement.

In some ways, the company has been here before, but the stakes are different this time around. BlackBerry launched a softer review of its "strategic business model alternatives" in May 2012, which some analysts had expected would turn into a sale of certain assets. That never materialized and BlackBerry went on to launch its new line of phones in late January.

Since then, the new high-end BlackBerry 10 phones struggled to gain favour in the highly competitive smartphone market. **THE CANADIAN PRESS**

Market Minute



DOLLAR
97.06¢
(-0.08¢)

Natural gas: \$3.30 US (+7¢)
Dow Jones: 15,419.68 (-5.83)



TSX
12,594.27 (+52.14)



OIL
\$106.11 US (+14¢)



GOLD
\$1,334.20 US (+\$22)

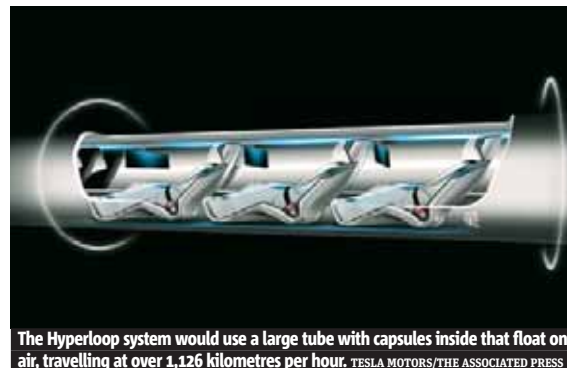
PayPal co-founder reveals Hyperloop transport system

Los Angeles. Concept for travel between big cities uses capsules that move at high speed inside a large tube

Billionaire entrepreneur Elon Musk unveiled a transportation concept Monday that he said could whisk passengers the nearly 644 kilometres from Los Angeles to San Francisco in 30 minutes — half the time it takes an airplane. If it's ever built.

His Hyperloop system for travel between major cities would use a large tube. Inside, capsules would float on air, travelling at more than 1,126 kilometres per hour. The air would be sucked by a powerful fan at the front and expelled at the rear.

"Short of figuring out real teleportation, which would of course be awesome (someone please do this), the only option



The Hyperloop system would use a large tube with capsules inside that float on air, travelling at over 1,126 kilometres per hour. TESLA MOTORS/THE ASSOCIATED PRESS

for super fast travel is to build a tube over or under the ground that contains a special environment," Musk wrote in his proposal, posted online.

The system Musk envisions is not unlike the pneumatic tubes that transport capsules stuffed with paperwork in older buildings. In this case, the cargo would be several people, reclining for the ride.

Coming from almost anyone else, the hyperbole would

be hard to take seriously. But Musk has a track record of success. He co-founded online payment service PayPal, electric luxury carmaker Tesla Motors Inc. and rocket-building company SpaceX.

Monday's unveiling lived up to the hype part of its name. Leading up to the unveiling, done on the SpaceX website, online speculation was feverish. Musk has been dropping hints about his system for

Quoted



"I don't have any plans to execute, because I must remain

focused on SpaceX and Tesla." Hyperloop designer Elon Musk

more than a year during public events, mentioning that it could never crash and would be immune to weather. During a Tesla earnings call on Thursday, Musk said he is too focused on other projects to consider actually building the Hyperloop.

"I think I kind of shot myself by ever mentioning the Hyperloop," he said. "I don't have any plans to execute, because I must remain focused on SpaceX and Tesla."

He said he would fulfil his commitment to publishing an open-source design, meaning anyone can use it and modify it.

THE ASSOCIATED PRESS

interACTIVE NUTRITION™

Clean, Pure, Real.

Absolute Protein
Made with 100% Natural Ingredients

InterACTIVE Nutrition™ Absolute Protein™ is made entirely of 100% natural ingredients. Each formula provides an excellent source of dietary protein without artificial preservatives, sweeteners or flavours. Better still, all the raw materials in the Absolute Protein™ are derived from non-genetically modified sources that are screened for both pesticides and herbicides, including a Fonterra sourced 100% New Zealand Whey!

Isolate Protein
Whey Protein
Vegetarian Protein
Soy Protein
Rice Protein

Certified **CGMP** **GMO** **NO**

Whey Better Protein by: Shannon Kadlovski, BA, CNP

Advertisement

When it comes to choosing a protein powder, not all things are created equal. For athletes, as well as for those simply looking to increase their daily protein intake, it is often recommended to consume a daily protein smoothie. This provides increased energy, muscle repair, appetite control, and nourishment to the body. While it is common to consume protein powders for increased health, not all protein powders contain healthy, nourishing ingredients. In fact, some are actually loaded with added sugar, artificial sweeteners, fillers, GMOs, hormones and antibiotics, as well as other artificial and unhealthy ingredients. So, if your intention is to get healthy or stay healthy, you must make sure that you are choosing the right type of protein powder.

When Choosing a Whey Protein Powder Consider These 4 Tips:

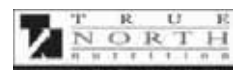
1. Choose New Zealand Whey – It is the cleanest and purest whey available. The New Zealand Dairy industry has incredibly high standards for product safety and the humane treatment of their cows. Their cows are never injected with growth hormones, antibiotics, genetically modified organisms, or any other chemicals.
2. Choose a brand with added enzymes such as protease, lactase and amylase – These enzymes help to make the protein more digestible.
3. Choose one that is cold temperature micro-filtered. This ensures the highest quality and biological value.
4. Choose an all-natural brand, free of artificial flavours and artificial colors.



CHOOSE INTERACTIVE
Canada's #1 Trusted Brand
For Clean & Pure Supplements



Nutrition House Rideau
Nutrition House St. Laurent



Look for InterACTIVE Absolute Series in local health food stores. Find your nearest health food store at www.healthstorelocator.com. For retailer & product information inquiries, please call True North Nutrition directly toll free at 1-800-261-4223.

Absolute Smoothie Recipe

1 cup water or coconut water
1 scoop of Absolute Whey protein powder (or 2 tbsp.)
1 tbsp. chia seeds
1/4 tsp. matcha green tea powder or 1/4 tsp. spirulina powder
1/4 cup fresh blueberries
1/2 banana
1/4 tsp. cinnamon
handful of kale
* Toss all of the ingredients into a blender and blend until smooth and creamy



healthstorelocator
www.healthstorelocator.com

Get \$50 for important school supplies. Like 150 packs of instant noodles.

Get closer to \$50. Apply for a TD Credit Card.



For all the details¹ visit a branch,
text **SCHOOL** to **25370** or visit tdcanadatrust.com/school



¹ You must be 18 or 19, depending on where you live in Canada, to be eligible and you must provide proof of full-time school enrolment. Application limited to either a TD Green Visa Card or a TD Classic Travel Visa Card. TD Credit Card Application is one of three conditions that must be met to be eligible for the TD Canada Trust Student Bundle \$50 Offer. Offer can be changed, extended or withdrawn at any time without notice. Offer is not available to existing TD customers who hold both a TD Canada Trust Chequing Account and a TD Credit Card. For complete details, visit a branch or go to tdcanadatrust.com/school. ©The TD logo and other trade-marks are the property of The Toronto-Dominion Bank or a wholly owned subsidiary, in Canada and/or other countries.

DECOR DISPUTE HITS HOME

After five years, two condos, one basement apartment and a whole lot of rent cheques, my boyfriend and I finally managed to buy a house together. Technically it's more of a townhouse, which means we have a mortgage AND we're obligated to pay hundreds of dollars a month in maintenance fees, but, hey, it's something.

The week after our closing date I spent about 18 hours admiring inspirational interiors on various home decor blogs (which are basically porn for new homeowners). I found myself drooling over designer kitchens and impossibly minimalist living rooms that I could never recreate. I lay awake at night lusting after expensive flush-mount lighting and fantasizing about what sort of table runners I could buy for various themed dinner parties.

At first my boyfriend didn't share my newfound obsession with interior design. His eyes glazed over as I tried to explain the



SHE SAYS

Jessica Napier

metronews.ca

nuanced differences between eight different shades of white and he took a "whatever you think is best" approach to everything home-related.

But I persisted. I coerced him into weekend trips to Home Depot by explaining that we're no longer lazy tenants and he should take an interest in making our new home our own.

Eventually, my "nest and invest" campaign paid off and I got him to start caring about furniture placement and light fixtures. So you can imagine my disappointment when I realized that he actually didn't agree with 100 per cent of the decorating decisions that I had already executed in my mind (and on my many decor-themed Pinterest boards).

Suddenly he has all these ideas about bar-stool upholstery and pendants versus pot lights. The white paint colour for the living room is now "too" white and perhaps we should be favouring

bronze over brushed nickel in our fixtures. I seem to have created a chandelier-loving monster and it's too late to try and put a lid on his opinions.

We're certainly not the first couple to feud over home furnishings. If you've ever been to Ikea on a Saturday morning you've witnessed plenty of domestic disputes between couples who just can't seem to agree on what space-saving wardrobe solution would best suit their bedroom. Aspelund! Pax! Morvik!

Homes are a collaborative endeavour and couples are bound to come into conflict at some point, whether it's over personal taste or how much money to spend. It's important to remember that cohabitation means compromise. You're not designing a show home; you're creating a livable space to share together.

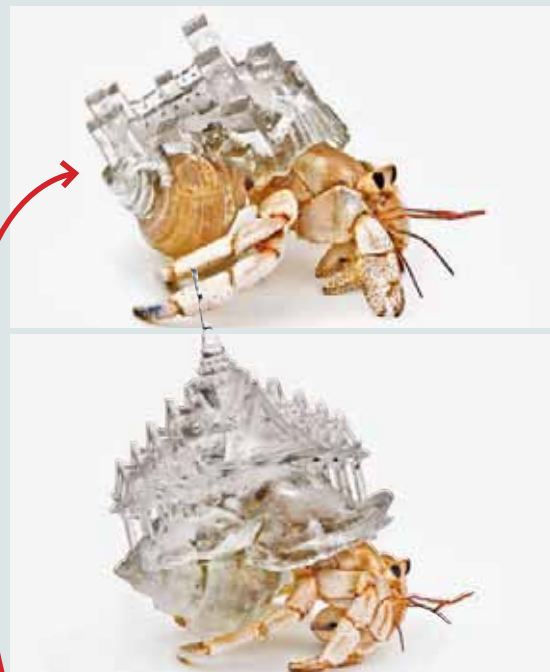
I'm not sure that my industrial-chic esthetic can ever really jive harmoniously with his rustic-cottage-meets-Palace of Versailles vision for our home. But if we're going to bicker over bookcases, at least now we have a place of our own to do it in.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Shelling out for new digs



COURTESY AI KOWADA GALLERY

3D printed shells for hermit crabs

An artist in Tokyo has created hermit crab shells adorned with miniature cityscapes. Aki Inomata used a CT scanner to map the interior of sea shells before manufacturing the designs using 3D-modelling software. Among the shapes are New York City's skyline, and a Thai pagoda. **METRO**

Q and A

'Changing identity'



AKI INOMATA
Artist, 29, from Tokyo

What inspired you to do this project?

In 2009, I heard about a dispute between France and Japan after an old embassy building in Tokyo was demolished. The two nations debated whose land was it: French or Japanese? Then they agreed to swap control of the land

every 50 years.

That made me think about changing identity, and how hermit crabs change their shells as they grow. I wanted to connect the crabs' transformation to our own adaptability, whether it's acquiring a new nationality, emigrating or relocating.

Alberta flood. Recovery worth 1,000 words

News worth sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate people, inspiring projects and stories worth celebrating. Here's just one:

A picture may be worth a thousand words, but to Alexa Barrera, it means so much more.

Wanting to help with the flood recovery efforts in Alberta, the Ottawa-based photo editor decided to use her particular skill set — photo restoration — to do so.

"Most of the things can be replaced, but some of those really precious things like pictures can't," says Barrera. "For a lot of people those pictures will end up in the garbage."

Initially Barrera posted on Reddit and Kijiji, offering her

services free of charge. Then, she came across the Alberta Flood Photo Restoration project, an initiative started by Jennifer Sutton, an Alberta-based photo editor, who restores cherished photos damaged by the floodwaters, free of charge.

Barrera offered to help, and now with other editors from across Canada, she helps restore the mainly pre-digital era photos that for many, document irreplaceable family memories.

For more information, visit albertafloodphotorestitution.blogspot.ca.

CRAIG AND MARC KIELBURGER

Craig and Marc Kielburger are founders of the international charity and educational partner Free The Children.

Letters

RE: Questions Mount About New Brunswick Python, published Aug. 9

This is really sad on many fronts.

This animal should not have been in Canada to begin with. The man who owned it should be charged and/or put in jail.

The poor animal was killed for nothing. It should have been shipped back to Africa and put back in the wild where it belongs. The whole system is responsible for this tragedy.

Two children were killed

because of weak or no laws. This beautiful animal was killed for the same reason, and what will be done about this?

Well, try nothing as usual. Until the government stops allowing this type of thing to happen, until police enforce the laws, until animals are left where they belong, in the wild, this problem will continue to happen all around the world. When you don't enforce your own laws, what do you think is going to happen? Sad indeed because it could have been prevented if people in power had used common sense.

Anthony Silvestro, Ottawa

WE WANT TO HEAR FROM YOU:

Send us your comments: ottawalatters@metronews.ca

Disney's wonderful world



D23 attendees check out some of Disney's new animation in Anaheim, Calif. last week. DISNEY/CONTRIBUTED

D23. Metro's Richard Crouse checks out what Disney has on tap at their Anaheim convention

RICHARD CROUSE
scene@metronews.ca

It snowed in Anaheim, Calif., Friday afternoon but it wasn't a freak storm, just a blast of Disney magic at D23, the Mouse House's equivalent of Comic Con.

As Broadway star Indina

Menzel sang Let it Go from the upcoming animated film Frozen, artificial flakes fluttered down from the rafters, gently covering the 5,000 faithful fans who gathered for the first of two star-studded early-look previews.

The convention featured more than 200 presentations, panels and concerts, but these sneak peek events, which focussed on Disney's reverence for their past and their commitment to the future, were among the most highly anticipated.

At Friday's event, Disney chairman and chief executive Bob Eiger and chief creative officer John Lasseter were greeted

with the kind of audience response usually reserved for rock stars and royal babies.

They unveiled the new short film Get a Horse, which mixes 85-year-old Walt Disney Mickey Mouse sketches and state-of-the-art 3D computer animation. It also features a vocal performance from Walt himself, pieced together from old tapes. "Someone has to update his IMDB page," joked director Lauren MacMullan.

Advance looks at The Good Dinosaur, which imagines a world if dinosaurs had survived, Inside Out, a movie Lasseter described as "one of the most unique films I have ever been associated with," and

Finding Dory, the sequel to one of Pixar's most loved films, were met with cheers.

Saturday's presentation unveiled teasers from Disney's live action slate. Paying tribute to Disney's past, Kenneth Branagh will direct a live action Cinderella, and another film revisits one of Disney's great villains. Maleficent stars Angelina Jolie as the Sleeping Beauty villain, a role she's coveted since youth. "Since I was a little girl Maleficent was always my favourite," she told the crowd. "I wanted to know more about her."

Tomorrowland, a sci-fi film starring George Clooney, was inspired by a box found in the Disney archives. Labelled sim-

ply 1952, the "dusty old box" contained a mysterious mish-mash of items, including a copy of Amazing Stories magazine and a short animated documentary that inspired Lost screenwriter Damon Lindelof to pen the speculative story.

The most obvious tribute to Disney's legacy is Saving Mr. Banks, which brings the late visionary to life on the big screen. Tom Hanks stars as Walt attempting to buy the rights to Mary Poppins from writer P.L. Travers, played by Emma Thompson. Shot on location at the Burbank Studios where Walt worked, the film is timed to coincide with the 50th anniversary of Mary Poppins.

2 SCENE



JOHN MAYER PARADISE VALLEY



THE NEW ALBUM FEATURING 11 NEW SONGS, INCLUDING "PAPER DOLL," "WILDFIRE" AND "WHO YOU LOVE"

**LISTEN TO PARADISE VALLEY
FOR FREE ON iTunes FROM
AUGUST 13TH TO AUGUST 19TH
& PRE-ORDER THE ALBUM NOW**



iTunes.com/JohnMayer





Lea Michele ALL IMAGES GETTY

To Cory, with love: Michele dedicates award to Monteith

Lea Michele accepted the Teen Choice Award naming Glee Best TV Comedy by dedicating it to her late boyfriend and co-star, Cory Monteith. "I wanted to dedicate this award to Cory. For all of you out there who loved and admired Cory as much as I did, I promise that

with your love we're going to get through this together," she said from the stage, flanked by her Glee co-stars. "He was very special to me and also to the world. We were very lucky to witness his incredible talent, his handsome smile and his beautiful, beautiful heart."

Twitter



@ElizabethHurley

Memory Lane today.... in a black leather cat-suit for a new campaign. It's been some time since I've shoehorned myself into one. My son on set- and ecstatic.



@NicholasHoult

I went to a Roller Derby match in Montreal over the weekend, if you get the chance to go then do. Crazy sport and fun people.



@tyrabanks

Forget I was trying to be veggie and ordered some darn meatballs. Shoot!!!



Amanda Bynes

Mama Bynes gets busy overseeing Amanda's well-being

Amanda Bynes' mother, Lynn Bynes, has been awarded a temporary conservatorship over her troubled daughter, and she's not wasting any time making decisions. Her first act? Moving Bynes from her current psychiatric ward, according to Radar Online. "Lynn wants Amanda in

a more private facility," a source says. "It could happen as soon as this week. She will get better care at a private facility." The temporary conservatorship, granted late last week, gives Lynn control over decisions about Amanda's health and finances and will be in effect until Sept. 30.

Justin case you were wondering, Jen was not wed this weekend

Tabloid sites were rife with speculation over the weekend that a lavish party at Jen-



Justin Theroux and Jennifer Aniston

nifer Aniston's house Sunday afternoon was secretly going to serve as her wedding to Justin Theroux, but no such luck. It turns out the bash was just a star-studded birthday party for Theroux, according to E! News. Guests included Kristen Bell and Dax Shepard, Jason Bateman, Tobey Maguire and Sacha Baron Cohen. The speculation was spurred by excessive no-parking signs near Aniston's home and the arrival of her hairstylist, Chris McMillan, around noon. But it turns out they were just expecting a lot of company and she wanted to look her best for the birthday boy.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Did Ben Affleck really visit Lohan in rehab?

Lindsay Lohan had a steady stream of visitors while in rehab, including Ben Affleck, who was reportedly considering her for a role in his upcoming film, *Live by Night*, a source tells Radar Online.

"Lindsay was excited about the opportunity, telling me that she was going to have dark hair in the movie and would

have an Irish accent," the source says. "She tried to tell me he was being flirty with her, but that's just Lindsay's way of embellishing because she constantly needs attention."

Apparently the meeting didn't go so well, as a source close to the production insists that Lohan "isn't being considered and won't be in the movie."

I highly doubt that Ben Affleck, who is so beyond A-list that he is practically his own Commandment, visited rehab to interview Lindsay Lohan.

But it is nice to think so, isn't it?



You could
WIN
advance screening
passes to see
PARANOIA
on August 15th



No purchase necessary. Terms & conditions apply.
For full contest details and conditions, visit clubmetro.com



Get drunk not dehydrated

Cocktails that will get you tipsy but won't leave you hugging the toilet the next day. Drink up!

ROMINA MCGUINNESS & RICHARD PECKETT

Sun. Drinks. Beach. Buzz. Heaven. The perfect weekend day. Headache. Dry-mouth. Pass out. Vomiting on the car ride home. The usual weekend evening.

To help you stay on track, we asked Orlando Marzo, mixologist and bartender at The Player in Soho, London, to share his top hydrating cocktails.

The Journey

A mix of Bacardi superior and Martini rosato, with a splash of Mezcal, honey and lemon juice. Revitalizing taste and delicate botanicals aroma.



Swizzle

A Caribbean classic. This rum-based drink is made with lime Falernum, angostura bitter, lime juice and sugar syrup. Serve tall with crushed ice. Sensationally refreshing.



Sosho Cooler

Finlandia mango vodka and crisp Sauvignon blanc, shaken with muddled red grapes, fresh lemon and apple juices.



New Orleans Cobbler

Rye, orange, pineapple, lemon, bitters and pastis. A punchy cocktail with a fruity twist.



Grapefruit Julep

Finlandia grapefruit shaken with fresh pink grapefruit and lime juices, honey, grenadine and mint.



3 LITERS



NIGHT SCHOOL?

Full time programs available at night school:
Accounting and Payroll • Legal Assistant
Paralegal (PART TIME) • Personal Support Worker
Pharmacy Assistant

**CALL TODAY!
CLASSES STARTING SOON!**

613-722-7811

ALGONQUIN CAREERS ACADEMY

1830 Bank Street • www.algonquinacademy.com



CENTRE DENTAIRE
RIDEAU
DENTAL CENTRE

613-230-7475
2nd Level
Rideau Centre



STRESS FREE AND
CARING DENTISTRY
NOW ACCEPTING
NEW PATIENTS

Aesthetic, Implant & Family Dentistry Since 1983
Check out our weekly blog at www.rideaudental.ca
This week:
When does my Baby Need to See a Dentist?



Keep backyard dishes simple with two-step corn salad



ROSE REISMAN
for more, visit
rosereisman.com or follow
her on twitter @rosereisman

While we're still grilling, you can't beat barbecued corn on the cob. This salad is great on its own or serve with either grilled beef, chicken or tiger shrimp.

1. Preheat your barbecue

Ingredients

- 3 fresh cobs of corn – husks removed
- 1 small red pepper sliced in half – seeds removed
- 1/2 cup diced red onion
- 1/2 cup chopped fresh basil
- 2 tbsp olive oil
- 1 tbsp apple cider vinegar
- 1 1/2 tsp finely chopped jalapeño pepper
- 1 tsp finely chopped garlic
- pinch of salt and pepper



This salad serves four. ROSE REISMAN

to medium-high heat. Grill the corncobs and bell pepper halves on a medium heat for about 12 to 15 minutes, or until the corn and pep-

pers begins to brown. Using a sharp knife, slice the niblets off of the cobs and place in a bowl. Peel the peppers, dice and add to bowl.

2. Add the red onion, basil, oil, cider vinegar, jalapeño, garlic, and salt and pepper to the corn mixture and stir to combine.

Good things come in mini bites

1. Shred carrot and grate cheese.

2. Preheat barbecue grill or broiler to medium-high. If using broiler, butter a foil-lined rimmed baking sheet.

3. In a large bowl, combine carrot, bread crumbs, tomato paste, egg, 175 ml (3/4 cup) of cheese, salt and pepper. Stir with a fork until blended. Add beef and blend using a fork just until combined; do not over mix. Shape mixture into 12 patties, each about 6 cm (2 3/4 inches) in diameter and 1 cm (1/2 inch) thick.

4. Place patties on a greased grill or prepared baking sheet. Grill, covered (or broil), for about 5 minutes or until juices rise to

Nutritional analysis

212 calories, 13 g protein, 14 g carbohydrates, 11 g fat, 1.3 g fibre, 276 mg sodium

the surface. Flip over and cook for 3 to 5 minutes or until an instant-read meat thermometer inserted in the centre registers at least 70 C (160 F) and burgers are well done. Sprinkle with remaining cheese and cook for 1 minute or until cheese is melted. Meanwhile, split buns and toast, if desired.

5. Place burger patties on buns and garnish as desired.

DAIRY FARMERS OF CANADA
(FAMILYKITCHEN.CA)

Ingredients

- 1 small carrot
- 1 cup (250 ml) Canadian old cheddar or marble cheese
- 1/2 cup (125 ml) dry bread crumbs
- 1 tbsp (15 ml) tomato paste
- 1 egg
- 1/4 tsp (1 ml) each, salt and

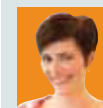
- pepper
- 1 lb (450 g) lean ground beef
- Twelve 2 to 3-inch (5 to 7.5 cm) whole wheat dinner rolls or mini hamburger buns
- Lettuce, sliced tomatoes, sliced pickles or other condiments



This recipe makes 12 mini burgers. COURTESY DAIRY FARMERS OF CANADA

Health Solutions

The science of aging



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

The health science community is abuzz with a thing called telomeres (pronounced tea-low-mere-z) that are in every cell in your body and the health of which are an indication of the aging process.

The discovery of telomeres won the Nobel Prize in 2009 and they can now be tested so your cells actually tell the story of your biological age.

There are foods and activities that factor into telomere protection:

Consume High nutrient, low calorie foods like:

- Blueberries
- Kale
- Fresh herbs
- Whole grains like quinoa and millet
- Beans and pulses
- Nuts and seeds
- Avoid processed sugar and flour
- Manage stress and sleep

Experts say that one of the most important things you can do to prevent the aging process of telomeres is to avoid "R and R"—red and rumination.

Learn how to relax and take things in stride instead of seeing red and stop ruminating on stressful events that have already passed; let them go.



THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Dinner. Spice-Rubbed Chicken Breasts



1. Set the chicken breasts on a cutting board and slice horizontally across the piece to create 2 thinner halves. One at a time, cover each half with plastic wrap then use a meat mallet to pound to an even thickness. Drizzle the pounded halves with the olive oil and rub all over.

2. In a small bowl, combine the brown sugar, cumin, garlic powder, onion powder, paprika, thyme, salt, pepper and allspice. Rub the mixture over both sides of each of the 4 pieces of meat.

3. If cooking on the grill, heat to medium heat. Cook for 2 minutes per side. If cooking on the stovetop, in a large skillet

heat 1 tablespoon of canola oil over medium-high. Cook for 2 to 3 minutes per side, or until the chicken reaches an internal temperature of 160 F. Let rest 5 minutes. **THE ASSOCIATED PRESS**

Ingredients

- 2 boneless, skinless chicken breasts (about 1 lb)
- 1 tbsp olive oil
- 1 tbsp brown sugar
- 1 tsp ground cumin
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp sweet paprika
- 1/2 tsp dried thyme
- 1/2 tsp salt
- 1/2 tsp ground black pepper
- 1/4 tsp ground allspice

Are you really my friend?

Photographer. Tanja Hollander travels the world to meet all of her Facebook friends

ERIKA PADRÓN AND
CYNTHIA VALDEZ
Metro World News

Tanja Hollander, a photographer in the U.S., has amassed nearly 700 Facebook friends, but she's never met many of them in person.

And so, she went on a huge journey in the hope of turning her online relationships into something more real. Metro Mexico interviewed the 41-year-old Maine native to find out more about her photo project titled *Are You Really My Friend?*

What is it like to travel and visit more than 700 friends?

It's been really interesting in every way. I'm about halfway through so there's still 300 more to go. I'm still surprised about how many homes I've been to and how generous people are, espe-

cially the people that don't have a lot. They're willing to share what they do have, whether it's food, wine or introducing me to their friends and family, or just making some extra space at home for me to sleep.

Do you tell them you are going to visit, or surprise them?

Yes, I email everybody first.

So, how did you come up with the idea of visit all your Facebook friends?

On New Year's Eve in 2010, I was writing a letter to a friend in Afghanistan and at the same time instant-messaging with a friend who is working in Jakarta. I started thinking about those two friendships and the different way of communicating because they were in opposite places in the world. They're from different parts of my life. Both friendships and ways of communicating are important to me. So I started to think about how we talk with so much technology and how much of our lives is

so "photographable".

We know your friends let you stay at their homes but how much money have you spent so far?

A lot! I don't know, that's a good question. It's been a lot. I started this project with a low budget, I could make another project on how to travel with not a lot of money.

Where did you start and which cities have you visited so far?

I started travelling in April 2011 and I've been to a hundred U.S. cities and towns across 43 states. There's nine overseas destinations left to go in Europe, Asia and New Zealand.

What's been the hardest part of this journey?

Scheduling is really difficult, to make sure I'm in the city my friends are from. Maybe they are not home or not available. Sometimes it's hard to keep up with everything. It's also incredibly difficult travelling alone

and trying to remember everything.

When do you think you're going to finish this journey?

Hopefully within a year or two. It really depends on how much money I can raise because I have to stop and raise money, which takes time.

Since you started your project, has your Facebook list of friends changed?

Yes, the numbers are going crazy. But I don't accept requests from people I don't know. Some of them deleted me but I don't know why.

Do you have a better definition of a digital friendship?

I think there are different kinds of friendship: there are some friends you call in the middle of the night and the kind of friends you go to the movies with, but there's also the friends you have only by emails or texts. Having a multitude of different kinds of friendships is really enriching.



Tanja Hollander CONTRIBUTED

Too many money rules? Here's a few more



YOUR MONEY
Alison Griffiths
money@metronews.ca

How many money rules do you need? That's the question posed by Marie Engen in the Aug. 6 online issue of *Boomer & Echo: Financial freedom at any age* (boom-erandecho.com).

Engen correctly notes that money rules are proliferating like weeds in today's list-ob-

sessed media. For example, both *Money Magazine* and *Forbes* recently published 20 rules of money.

There's also plenty of books touting rules of money, the champion author being Canadian Gail Vaz-Oxlade with a staggering 261 rules.

For fun, I searched rules of money on the Internet and came up with a mere 830 million hits. (I confess that a few of those hits might be my own lists of rules.)

Engen amusingly turns

the discussion on its head by comparing the plethora of financial books on the topic to diet books.

She points out that there are basically only two ways to manage your weight.

1. Don't gobble up more calories than you expend.

2. Quit eating junk.

Similarly, Engen offers just two essential rules for managing money.

1. Spend less than you earn or live below your means. (Doesn't this sound

like the first rule of eating?)

2. Save something for the future. Squirrels do this, so should people.

While I hate to add to the list mania, I'd include just one more.

3. Quit buying junk. By junk I mean superfluous possessions and poor quality stuff. This includes expensive and under-performing mutual funds.

I try very hard to follow this third rule, nonetheless I am chagrined when I do a

mental review of purchases to realize that at least 10 per cent of what I buy, be it food, clothing or household items, either isn't worth any amount of money or, worse, isn't something I really need or even want.

The best part about adhering to these three simple rules is that they aren't difficult to follow.

In fact, they quickly become habitual like morning coffee or a dog walk before bed.

Even better, once you make this trio a habit the rules are self-perpetuating. Living within your means leads to saving. Buying less junk also frees up cash for saving.

And put together, these rules lead directly to a far more satisfying life. And isn't that the goal we all seek?

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



Save for the future. Squirrels do it. Aren't you as smart as a squirrel? ISTOCK IMAGES



RBC Royal Bank

MUCH MORE FOR

For \$4 a month, RBC Day to Day Banking[®] gives you more for every dollar.

Get up to
\$100
in gift cards*.

**VISIT AN RBC BRANCH
AND SWITCH TODAY!**
rbc.com/daytoday
1-866-335-2395

Advice you can bank on[™]



© / ™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. * To get \$100 worth of gift cards/certificates, you will need a total of 12,000 RBC Rewards[®] points. To learn how, and for full offer details, go to rbc.com/termsandconditions.

MANAGE YOUR TIME EFFICIENTLY

If they could go back in time, 27 per cent of college and university students surveyed would tell their younger selves to boost their self-discipline skills, and another 26 per cent would advise improving time management skills in order to be successful beyond high school, according to a study released by Intel Canada.

Survey results show college and university respondents are far more effective when it comes to using technology to stay on track. In fact, 50 per cent of post-secondary students polled said they use technology to manage tasks such as to-do lists.

Post-secondary students surveyed report using a computer on average 24 hours each week. High school student respondents spend on average 16.4 hours per week.

However, it's not just the amount of time spent on their computers that differs, it's how the students polled are using their computers.

Furthermore, when looking more broadly at computer usage than organizational tools, if they could only use their



ISTOCKPHOTO/THINKSTOCK

primary computer for one thing, surveyed students said the top choice for post-secondary students surveyed was schoolwork (42 per cent) followed by surfing the web (18 per cent), and streaming TV shows, movies and music (12 per cent)

"Students looking for the best of both worlds when it comes to juggling schoolwork, social lives and foundational skills should consider a two-in-one device for the coming school year," says Graham Palmer, country manager of Intel Canada.

"With a full laptop that can easily convert into a tablet, there are options available, so whether you're in class, at home or somewhere in between you'll have the computing power, and battery life, to make the most of each and every day."

AN EXCELLENT OPTION

SAINT PAUL UNIVERSITY

Small classes and the opportunity to be a part of a tight-knit community is what makes Saint Paul University (SPU) a great option when it comes to choosing your post-secondary institution.

Aside from welcoming each student into the SPU family, SPU prides itself on offering courses where students will be able to move on to make a positive impact on the community.

"We want students to be aware that they have the capacity to change the world," says Chantal Beauvais, rector of Saint Paul University.

Beauvais says the programs, which are focused greatly on the social skills area, are also in great demand by today's employers.

"Employers are looking for social and collaborative competencies along with the technical skills, and our students have these tools," Beauvais says.

SPU offers a wide range of undergraduate, masters and doctorate degrees in a number of different areas, such as ethics, human relations and spirituality, philosophy, conflict



CONTRIBUTEUR

resolution, and more.

SPU is a fully bilingual university and students can choose to study in English, French, or a combination of the two.

Applications for the September intake are now being accepted.

For more, visit ustpaul.ca.

FALL 2013 SEMESTER

There's still time to apply to **Saint Paul University!**

Discover our Undergraduate Programs

- Conflict Studies
- Public Ethics
- Human Relations and Spirituality
- Social Communication and Leadership
- Philosophy
- Theology

New ADMISSION SCHOLARSHIPS Program!

Get to know us better
ustpaul.ca



Saint Paul University is the founding college of the University of Ottawa (1848), with which it has been academically federated since 1965.



223, Main Street, Ottawa, ON
613 236-1393 | 1 800 637-6859

BEGIN CAREER CLIMB AT EVEREST COLLEGE

Everest College of Business, Technology and Health Care has 14 locations in Ontario for your convenience. Everest provides career training to build a solid foundation in skills and knowledge that can launch students into dynamic careers.

In today's busy world, there is a need to develop and graduate candidates who have the skills businesses are looking for in employees on Day 1 of the job. A higher education can quite often be the key to unlocking the potential for success that is stored in all of us. Men and women, both young and old, have the opportunity to advance their lives through career education programs provided at Everest College of Business, Technology and Health Care.

Students find learning to be more fun and easier when a professional campus staff is there for support in every step of a student's educational journey. Everest College provides an entire team of people who are committed to helping students

reach their educational goals.

Everest College offers career education programs, some of which can be completed in less than a year, in the following fields: Accounting and computer applications; accounting and payroll administrator; addictions and community services worker; business administration; cardiology technologist; dental office and chairside assistant; executive office assistant; health, fitness and nutrition consultant; law enforcement foundations; massage therapy; medical laboratory assistant/technician; network administrator; personal support worker; and many more.

Programs and schedules vary by campus.

From the admission process right through to employment support after graduation, Everest College strives to provide its students with a meaningful experience. It is this dedication that gives Everest graduates the competitive edge in the workplace.



CONTRIBUTED

Throughout their studies, students will work in ways that will mirror what they will find in the workplace, and when they complete their program, graduates will be

prepared to start their careers.

At Everest, you will experience a quality educational experience, designed with your success in mind.

LEARNING CURVE

METRO CUSTOM
PUBLISHING

Career Training



Discover **more** at Everest College

We understand you're ready to better your life through career training, and that's why we give you more.

**Contact us now to start your opportunity
at Everest College!**

Everest | COLLEGE
BUSINESS • TECHNOLOGY • HEALTH CARE

1-866-475-3192
www.TrainAtEverest.ca

OTTAWA EAST • OTTAWA WEST

 **14 CONVENIENT LOCATIONS IN ONTARIO** 

Flexible class schedules. Career services assistance available to graduates. Financial assistance may be available for those who qualify. Hands-on training in small work teams.

Everest College is the largest private career college in Ontario with more than 9,000 enrolments last year.



J.A. Happ surrendered one run in seven innings with no win to show for it as the Blue Jays lost 5-1 to the Athletics on Monday. STEVE RUSSELL/TORSTAR NEWS SERVICE

Happ-less Blue Jays waste solid start

MLB. Toronto lefty in fine form, but team still loses to A's for third time in the series

J.A. Happ gave the Toronto Blue Jays everything but a win Monday afternoon.

Alberto Callaspo doubled in two runs in a four-run ninth inning to power the Oakland Athletics past Toronto 5-1 at Rogers Centre. The win gave the A's (67-50) three of four against the Jays (54-64).

On Monday	
5	1
Athletics	Blue Jays

The defeat was a bitter pill to swallow for Happ, who is also mourning the death of his grandfather. Happ allowed three hits, two walks and one run while striking out six over seven innings in his second start since being

hit in the head by a line drive May 7 at Tropicana Field.

"I definitely had a heavy heart," Happ said. "I tried to use it."

"I probably had a little bit of a different attitude, a little different outlook given the past few days. But I felt good and (I'll) be glad to get with the family this week."

Happ was put on the three-day bereavement list after the game. The only run he surrendered came on the first hitter he faced as Chris Young belted his 10th homer this season and fifth by Oakland to lead off a game.

After walking Young to lead off the third, Happ retired 14 consecutive batters until Callaspo hit his first double of the game with two out in the seventh.

Oakland right-hander Dan Straily held Toronto to six hits and one run over 7 1/3 innings. Reliever Ryan Cook (5-2) pitched two-thirds of an inning for the win.

Callaspo knocked in two runs off Toronto closer Casey Janssen (4-1) with his second double of the game. Stephen Vogt singled in another and Eric Sogard hit a sacrifice fly.

THE CANADIAN PRESS

Movin' on up

Raonic cracks top 10 in ATP rankings

Milos Raonic is the first Canadian men's singles player to be ranked in the top 10, thanks to his run to the final of the Rogers Cup.

The star player from Thornhill, who lost to Rafael Nadal in Sunday's final in Montreal, is No. 10 in the new ATP rankings released Monday. He moved up three spots from No. 13, his previous career high.

Raonic didn't have the biggest jump in the rankings among Canadian men, however.

Vasek Pospisil of Vernon, B.C., who lost to Raonic in the Rogers Cup semifinals, rose 31 spots to No. 40 to reach his career high. THE CANADIAN PRESS

MLB

Jones says he's moving on from banana incident

Baltimore Orioles centre-fielder Adam Jones is moving on a day after tweeting that a fan in San Francisco threw a banana onto the field near him.

Jones, who is black, said on Twitter after Sunday's game against the Giants that someone threw a banana at him in the ninth inning.

He told reporters before Monday's game against Arizona that the incident was unfortunate, but that he had bigger things to worry about.

A Giants fan told the San Jose Mercury News on Monday that he threw the banana, but said it was out of anger at the Giants and not racially motivated.

THE ASSOCIATED PRESS

Young hockey player collapses, dies at tryout



The Titan's Jordan Boyd in a 2013 training-camp portrait.

DANIEL DOUCET/QMJHL/THE CANADIAN PRESS

A 16-year-old prospect for the Acadie-Bathurst Titan junior hockey team died Monday after he collapsed during tryouts with the club.

Photi Sotiropoulos of the Quebec Major Junior Hockey League said Jordan Boyd felt some discomfort during a wind sprint at a rink in Bathurst, N.B.

A first responder attempted unsuccessfully to revive Boyd before he was taken by ambulance to the local hospital, where medical staff determined he had died, Sotiropoulos said.

Quoted

"He was an excellent hockey player. He had quite a potential career and life in front of him."

Paul MacIsaac, past president of the Bedford Blues, on young hockey player Jordan Boyd

oulos said.

An autopsy has been ordered to determine the cause of death.

Sotiropoulos said the youth completed a full medical evaluation and was cleared to compete by the team doctor before the training camp began.

"It's very odd this would happen," he said, adding there has only been one other training camp death in the league's 30-year history.

"It was horrifying news this morning. When you find out he was just 16 years old, that I think is the most tragic part."

He said the young man's father was watching the workout when his son collapsed. The family declined comment through the team.

The five-foot-11 forward is described by a former president of his minor hockey club in Halifax as a gifted player who had a bright future in the game.

Paul MacIsaac, past president of the Bedford Blues, said Boyd had improved his offensive skills during his bantam season in 2011-12.

THE CANADIAN PRESS

Horoscopes

Aries

March 21 - April 20

A friend will need cheering up today and you're the right person for the job. No one is happier than you, so be who you were meant to be and let some of those good vibes rub off on those around you.

Taurus

April 21 - May 21

If you get the urge to change direction, do so. Others will complain because it throws their plans into confusion, but what's that to you? Be honest to who you are.

Gemini

May 22 - June 21

Even things that go wrong are part of cosmic design, so don't get too upset if your plans don't work out the way you had hoped over the next 24 hours. It's all good — always.

Cancer

June 22 - July 23

Do something that grabs the attention of important people and keep doing it until you get the recognition you deserve. If the planets are to be believed, it won't be long in coming.

Leo

July 24 - Aug. 23

It won't take much of an effort to get on top of your workload today but can you be bothered? Hopefully you will overcome your lethargy because once you start, you won't want to stop.

Virgo

Aug. 24 - Sept. 23

You can turn any situation to your own advantage now, even those that seem to be going against you. With Mercury, your ruler, linked to power planet Pluto, you are in no mood to give up.

Libra

Sept. 24 - Oct. 23

Certain people are gossiping about you but is it such a big deal? And would you prefer it if no one took any notice of you? If they're talking about you then you must be doing something special.

Scorpio

Oct. 24 - Nov. 22

Honesty is a virtue. But if you are smart you will hold off telling the world what you know today, especially if it involves a friend who might be hurt by the revelations.

Sagittarius

Nov. 23 - Dec. 21

With the Sun in your fellow Fire sign of Leo, you can easily persuade friends and work colleagues to do tasks for you. Sit back and let them do all the hard stuff. They'll be happy and so will you.

Capricorn

Dec. 22 - Jan. 20

Don't act as if time is a factor, because it isn't. Whatever the task you have to compete today, the important thing is that you get it 100 per cent right — however long it takes.

Aquarius

Jan. 21 - Feb. 19

If someone takes you into their confidence today, you must not betray their trust by passing the information on to others. If you do, they will never trust you again. In fact, you'll always be the last to know.

Pisces

Feb. 20 - March 20

You may be tempted to help a friend cover up some kind of transgression but the planets warn it's not a smart move. Let them know that the problem is theirs to resolve. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- 9:30am and 2:45pm
- "It's Like That" by Run-DMC
- Ms. Turner
- On ___ (Is winning)
- "Bye!"
- Equal: French
- 1980 golf comedy
- ___-de-camp
- Pop group, ___ Direction
- 7th Greek letter
- Streaming media provider
- Stone of hieroglyphics
- Open court hearings
- Conform
- Himalayas land
- Ancient Egypt: Son of Ramses I
- Sales pro
- House toppers
- What an athlete might lose because of steroid use: 2 wds.
- Special snack
- Tic-___-Toe
- Associations [abbr.]
- Administered, as medication
- Healed
- Annie Lennox hit: "No ___ Love You's"
- Saint Joseph's ___

- (Montreal church/tourist attraction on Mount Royal)
- Famous hotel in Ottawa, Fairmont ___ Laurier
- Big noise
- Scoundrel
- "Fame" (1980) star Irene
- Norwegian, for one: 2 wds.

- Portland, ___
- Clue
- Ebb and neap
- Agile or lively
- Compass dir.
- Purges

Down

- Old El Paso kit component
- Tehran's land
- Whoopi Goldberg's

- job on "The View"
- Yore
- Most cunning
- Day: Spanish
- Pre-Confederation: Premier of the Province of Canada, from 1854 to 1856, Sir Allan ___ (b.1798 - d.1862) ...also the great-great-grandfather of Prince Charles' wife

- Camilla
- Pepsi competitor
- Like Romaine lettuce
- Nimble
- Low point
- Mr. Trebek's
- Gab
- Sault ___, Marie, Ontario
- Go from bottom back up ___

- Sound off
- Informant
- Beast of burden
- Store section, shortly
- Mr. Clapton
- ___-Rooter
- Scent
- Get to BC's coastal islands from the mainland by way of one: 2 wds.
- Greenish hue
- The Beatles' "Sexy ___"
- Tried some: 3 wds.
- '60s hallucinogenic
- Manitoba town
- Bill Haley's backups
- Doctor on "Star Trek"
- Family in "Gone with the Wind" (1939)
- More unique
- Story, in a house, in French
- Thanks, to Brits
- Patient's pain
- Afresh
- D'Urbervilles heroine
- Feminine 'one' in French
- Sass

Yesterday's Crossword

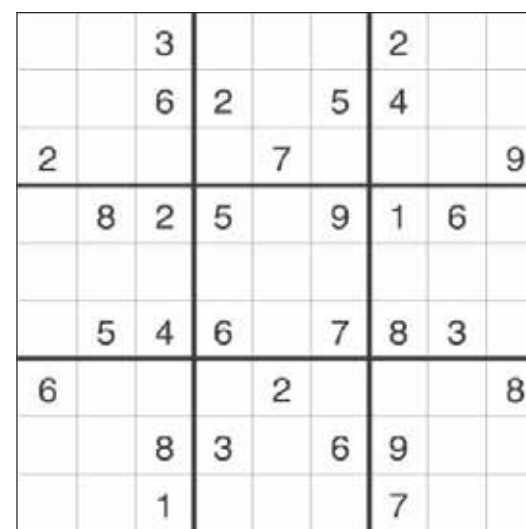


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today
22°/10°
Thundershowers
40%

Wednesday
21°/11°
Mainly sunny

Know what the weather
will be 14 days from now.
Check the 14 day trend.
©The Weather Network 2013

visit metronews.ca



QuestChat
NORTH AMERICA'S BUSIEST CHAT LINE
FREE TRIAL
613.232.4444
Other Cities 1.888.482.8282
Dial #CHAT(87428) 39/min
Text "QUEST" to 96669 85/10min
Free trial not applicable on #CHAT
questchat.com
18+ RESTRICTIONS APPLY

MID-SUMMER SUPER SALE ON MISSISSIPPI LAKE

5% OFF IN-STOCK RESORT COTTAGES

ASK US HOW
YOU CAN SAVE
AN ADDITIONAL
\$4,000



WHY BUY NOW?

Limited lakefront

Prime wooded sites

3.99% Financing

Pay no fees til 2014

Earn rental income!

Buy this week & receive
a FREE Flat Screen TV

Move in as soon as 3 weeks
& still enjoy this season!

\$69,900

FROM

RESORT COTTAGE OWNERSHIP INCLUDES

- 2 & 3 bedroom fully furnished and decorated Resort Cottages
- Boat docking with winter storage • Sand beach • Heated pool and hot tub
- Kidz play zone and arcade • Tennis and squash courts • Entertainment Complex
- FREE use of canoes kayaks and paddleboats • Maintenance-free lifestyle
- Community fees from only \$3,995 annually includes property tax & hydro
- Earn extra income through the rental program and pay your fees!

MC CREARY'S BEACH
RESORT



* Certain terms and conditions apply. All prices do not include taxes. O.A.C. \$69,900 price inclusive of all discounts and rebates. Other Resort Cottages available from \$76,900 to \$126,900.

BOOK A RESORT TOUR THEN COME & VISIT US
1-877-814-4141 www.mccrearysbeach.com